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AN<sup>C</sup> The Adirondack Cottage  
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FOR THE CURE OF PULMONARY DISEASES.

SARANAC LAKE P. O. FRANKLIN CO., N. Y.

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M<sup>R</sup>S. JULIA A. MILLER, Superintendent.

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# THE ADIRONDACK COTTAGE SANITARIUM.

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The object of the Adirondack Sanitarium is to offer to persons in the first stages of lung disease, and who otherwise could ill afford the expense of a sojourn in these mountains, the benefits to be derived from a change of climate, a well-regulated out-of-door life amidst hygenic surroundings, a nourishing diet and the latest and most approved methods of medical treatment. Experience has shown that nowhere can the necessary daily regulation of the patient's life and habits be so successfully carried out as in a Sanitarium, and that the most favorable results in combatting the disease have been attained in institutions devoted to this special purpose. There is no doubt in the history of most cases of consumption a time when restoration to health might take place if the patient could for a while give up his occupation and care and obtain a change of climate and surroundings. The Sanitarium offers such an opportunity at a most moderate cost (\$5 a week) which barely covers the necessary expenses for table. The institution will accommodate about sixty patients, and is not intended as an asylum for hopeless cases, but as a means of arresting incipient disease and restoring health.

The cottage plan has been adopted, and cottages sheltering from two to four inmates only are clustered around a commodious main building where the dining room and general sitting rooms are situated. This obviates the evil effects and inconveniences which often result from the aggregation of too many patients in one building, renders necessary constant short walks, and insures quiet when needed. In the winter the carriage exercise or sleigh rides are furnished as often as possible free of cost.

The deficiency in the running expenses of the institution are made up by donations and subscription.

## CLASS OF PATIENTS.

Only those who are in the first stages of consumption or convalescing from other pulmonary diseases, who in the opinion of the examining physicians are likely to be benefited by the sanitarium treatment, and whose circumstances are such as to admit of their paying only the low price demanded here for board, are admitted to the cottages.

## ADMISSION.

All applicants for admission to cottages, from a distance, must be examined by Dr. A. L. Loomis, personally, and have a written certificate of suitability as a patient from him, addressed to Dr. Trudeau, or they will not be admitted. Those nearer the cottages may apply directly to Dr. Trudeau for admission.

Patients must present themselves at the Sanitarium within 2 weeks of the day they are examined by Dr. Loomis or they will not be admitted.

All applicants to either Drs. Loomis or Trudeau must have a letter from their home physician certifying to the genuineness of their application, when they will be examined free of charge, otherwise the regular fee for examination will be charged.

## COST TO PATIENTS.

Dr Alfred L. Loomis, of 19 West 34th St., New York city, and Drs. E. L. Trudeau and C. F. Wicker, of Saranac Lake, N. Y., give their services free of cost to all patients.

Five dollars per week is charged for board and lodging.

Fifty cents per dozen pieces for washing.

A course of treatment by the Pneumatic Cabinet is given when artificial lung expansion is deemed necessary. Patients will be charged only for the medicines used, the instrument and operator being furnished for the present free of cost.

There are no extra charges except in cases of sudden and serious illness, when the patient's condition renders a nurse necessary. The nurse's expenses and wages to be borne by the patient.

Friends coming with or visiting patients, can not remain longer than one week, and will be charged one dollar per day.

All medicines can be procured at village drug stores at a discount. A number of medicines are kept at Cottages and furnished at cost to patients.



The Cottages are situated on a very protected hillside, several hundred feet above the valley of the Saranac River, and some two thousand feet above sea level, a mile and a half from Saranac Lake village. The easiest route to the cottages is via the Chataugay R. R. from Plattsburgh direct to Saranac Lake village.

For further information address Dr. E. L. Trudeau or Mrs. J. A. Miller, Supt., at Saranac Lake P. O., Franklin Co., N. Y.